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Alternate rail plan rolls out

Councillors unveil transit plan they call cheaper, quicker

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

Two city councillors yesterday unveiled an alternative transit plan that they say could see light rail running here within a few years, while costing taxpayers billions less.

The plan by Clive Doucet and Christine Leadman comes with a $5.3-billion price tag and suggests a light-rail system between Blair and Baseline stations — with trains running on Carling Avenue — could be completed within five years, followed by LRT to Kanata, Orleans and Barrhaven within a decade.

By comparison, the city's plan likely won't reach the suburbs until 2031, and is estimated to cost about $7.2 billion, the councillors said while unveiling their proposal at the packed Gladstone Theatre.

Doucet said the current plan does not recognize the urgency of switching from an oil-based system to LRT, since it would build only 14-kilometres of tracks in a decade.

Leadman said LRT must be fast-tracked to avoid rising construction costs, and suggested the entire system might be built at once.

"A business case for full implementation should be undertaken to determine if the cost benefits exist."

The first phase would construct Baseline to Blair, with a Carling Avenue line linking to the O-Train tracks and moving through a downtown tunnel. The train would have seven stops along Carling Avenue and bring passengers from Lincoln Fields to downtown in 17 minutes.

Transportation engineering expert Morrison Renfrew called Carling a natural LRT corridor because it is a wide, high-traffic route with "activity hubs" like hospitals, malls, and apartment towers to create demand.

Council colleagues' reactions were mixed.

Coun. Diane Deans said support for the alternative plan suggests the public is not entirely happy with the current proposal. "What I like about this proposal … is that it starts to address the entire city," she said.

But transit committee chair Alex Cullen dismissed the proposal as too expensive and difficult to sell to other governments expected to fund the project.

"We have a prudent, capable plan utilizing the Transitway system, which is a working system that shows we achieve our objectives," he said.

Joint transit-transportation meeting

TIM WIECLAWSKI/METRO OTTAWA

Capital Ward Coun. Clive Doucet explains an alternative to the transit plan to a full audience at the Gladstone Theatre yesterday.

• Five councillors at tomorrow's joint transit-transportation committee meeting must support the Carling plan for it to reach council, leaving Clive Doucet and Christine Leadman to convince three other councillors to vote in favour. Doucet says he's optimistic.

Celebrity Buzz pg 14

Lindsay set to leave Sam?

Your Money pg 8

Don't fall prey to scams

Health pg 10

Diabetes on the rise

Entertainment pg 12

It's all OK with Serena Ryder

In your face **Make it five in a row**

RAY STUBBLEBINE/REUTERS

Sens winger Shean Donovan gets a glove in the face from New York Rangers centre Brandon Dubinsky as they try to control the puck along the boards in the second period of their NHL hockey game last night in New York. The Senators' losing streak was extended to five games after Ottawa finished on the short end of a 2-1 shootout. **See story, page 9**

Online shopping clicks with more Canadians, survey shows

INTERNET Online shopping in Canada rose dramatically in the last two years, according to Statistics Canada, but at least one survey shows that trend could reverse this holiday season.

Canadians spent $12.8 billion online in 2007, the federal agency said yesterday — a 61 per cent increase over 2005. Sales volume also grew 40 per cent to 69.9 million items.

The number of Canadians aged 16 and over that shopped online grew to 8.4 million. They now account for 32 per cent of that age group, up from 28 per cent two years ago.

But at least one survey, for Deloitte & Touche, showed Canadians planned to do less online shopping this holiday season.

"There's no question online shopping is here to stay," said Brent Houlden, a partner in the accounting firm's retail division. "Everyone's online sales are steadily increasing.

"My interpretation …(is) with less cross-border shopping, there would be less use of the Internet for certain kinds of shopping." Houlden added.

TORSTAR NEWS SERVICE

Pepper-spray blast on bus delays routes

INCIDENT Transit schedules were delayed and a woman suffered respiratory problems after a passenger apparently loosed a can of pepper spray on a city bus yesterday.

The Ottawa fire department and paramedics responded at 8 a.m. after an OC Transpo bus made an emergency stop at Hurdman Station, with riders complaining of a "strange odour," said Ottawa paramedic spokesman J.P. Trottier.

"There's a good chance that it was pepper spray," said Ottawa Fire Department platoon chief Lawrence King. "There were a few people that were affected."

Paramedics treated one woman for minor respiratory problems at the scene and "there were 10 or so people that were kind of complaining about … respiratory irritation," said Trottier.

The fire department's Hazmat team attended and remained on scene for about an hour, said King.

The incident at one of the city's busiest OC Transpo stations resulted in delays along the Transitway yesterday morning.

TRACEY TONG/METRO OTTAWA

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Tailgating, seatbelt checks yield 600 traffic tickets
Ottawa Police handed out about 600 traffic tickets to tailgating drivers and to motorists and their passengers for not wearing their seatbelts last month. SELECTIVE TRAFFIC ENFORCEMENT PROGRAM

Ottawa

Dancing into town

So You Think You Can Dance Canada's Top 10 will be busting their moves at Scotiabank Place on February 15 as a part of a 15-city Canadian tour. Tickets for the tour, which also hits Toronto, Montreal, Edmonton, Calgary, Hamilton and Kingston, go on sale this Friday. METRO OTTAWA

City cuts marshal opponents

TRACEY TONG
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While planned cuts to arts and culture are getting the attention, other groups fear that the city will also leave them out in the cold while planning the 2009 budget.

"We're not pleased with the proposed budget," said Trevor Hache, who sits on the board of directors for Ecology Ottawa. "City council has not been achieving results for the environment and we're falling further … behind other major cities."

Groups representing e environmental causes, the arts, housing, childcare, transit, and women's and student groups voiced concerns about the city's draft budget at a public meeting last night.

More than 75 per cent of council's proposed cuts are from social services, they charge.

"The staff are recommending spending $157 million on roads, which is a tremendous, exorbitant amount of money considering the other budget challenges that exist," Hache said.

Instead, the city needs to create "a better public transportation system and a city which is encouraging to cyclists and pedestrian friendly."

> **"The city is balancing its budget at the expense of residents."**
> Shellie Bird, People for a Better Ottawa

Otherwise, there will be issues as the city becomes "increasingly unsustainable and polluted," he said.

For example, the city is talking about deferring $75,000 for community gardens — a "small investment that helps make the community become stronger," Hache said.

"It's a nightmare, the direction that's being set in this budget," said People for a Better Ottawa member Shellie Bird.

"We're questioning the values the city is reflecting in the budget. The city is balancing its budget at the expense of residents."

As a childcare worker, Bird is also concerned about the 700 subsidized childcare spaces on the chopping block.

That support allows low-income families to remain in the workforce, she said.

New Cup monument restores hockey history

TIM WIECLAWSKI
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HOCKEY A great wrong committed against Ottawa's hockey heritage was corrected last night in Centretown.

Seven months after vandals destroyed the base and stole a bronze plaque commemorating the site of the city's first Stanley Cup victory, nearly 100 people gathered last night at the intersection of Bay Street and Gladstone Avenue for the unveiling of a new memorial.

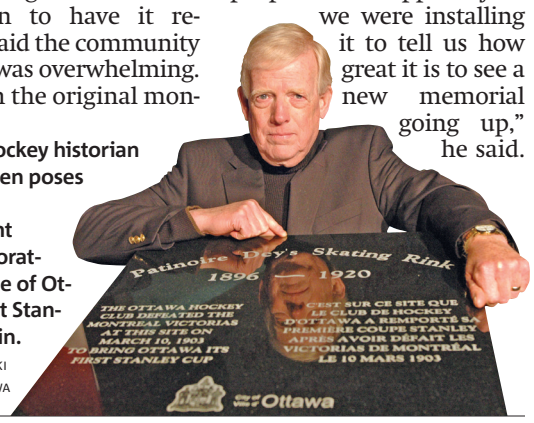
Paul Kitchen, who paid for the original monument 11 years ago and led the campaign to have it renewed, said the community support was overwhelming.

"When the original monument was knocked down, I don't know how many people came around and (how) sorry they were," he said. "I think the community wants to have pride in the history of their place."

The $3,000 new monument is made entirely of granite, with an image of an old-time player and the names of the players on the team etched into the side.

Upper Canada Granite, from Morrisburg, provided the materials at a discount.

Co-owner Ron Gibson said he couldn't believe the public response the new monument. "It was incredible, the number of people who stopped by as we were installing it to tell us how great it is to see a new memorial going up," he said.



Ottawa hockey historian Paul Kitchen poses with a monument commemorating the site of Ottawa's first Stanley Cup win.
TIM WIECLAWSKI / METRO OTTAWA

News in brief

RESTORED A city cab driver who was found not guilty of sexual assault allegations got his taxi driver's licence back yesterday. The city initially suspended Murugadasan Vishnanandamoorthy's license after he was accused of sexually assaulting two women two years ago. METRO OTTAWA

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What's online today.

Read Kenya Hunt's DIY tips for sprucing up a vintage wardrobe at metronews.ca/globalstyle.

Lotteries

Ontario Pick 3 1 5 8; Ontario Pick 4 5 2 6 7; Encore 8708623; Daily Keno 5, 6, 7, 8, 11, 13, 14, 20, 22, 25, 28, 30, 34, 40, 42, 47, 48, 58, 65, 70 These results are not official.

Governor General **Encouraging dialogue**

TRACEY TONG / METRO OTTAWA

Youth Services Bureau youth engagement program members Jean-Yves Benard and Sophia Kelly greet Governor General Michaëlle Jean before a youth dialogue session yesterday in Ottawa. Having made youth a priority of her mandate, Jean inaugurated the Youth Dialogues series in 2007. Several dozen street-involved youth attended the low-key dialogue and aired their thoughts about ways to aid high-risk youth.

Man dead after Dunrobin crash

ROLLOVER A man is dead and a woman is in serious condition in hospital after a vehicle rolled over in Ottawa's Dunrobin neighbourhood yesterday.

Paramedics called to Kerwin Road at about 2:30 p.m. treated both adults after they were taken from the vehicle, though the 30-year-old man was afterwards pronounced dead.

A female occupant of the vehicle, also in her 30s, was treated for serious injuries to her arm and possible internal injuries. Paramedics say a newborn girl and a two-year-old boy escaped uninjured. The children were both secured in car seats at the time.

Kerwin Road was closed from Mowbray Street to Berry's Side Road while police investigated.

The names of the victims had yet to be released last night. METRO OTTAWA

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Searchers reach downed aircraft

Search crews braved rugged terrain yesterday to reach a plane crash on the British Columbia coast, confirming there are no more survivors of the accident that killed seven people Sunday. The lone survivor is recovering with cuts and burns in a Vancouver hospital. The cause of the crash was unknown. **REUTERS**

Canada/World

News in brief

CRIME The review of Romeo Phillion's Ottawa murder conviction got off to a rocky start yesterday when three Ontario Appeal judges questioned his lawyer's claim evidence was surpressed for more than 25 years. **TORSTAR NEWS SERVICE**

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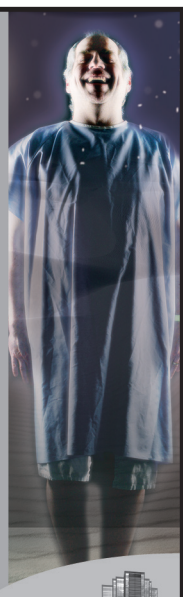

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Throne speech to focus on economy

Economic tough times are forcing the government to rewrite the script for tomorrow's throne speech, scrapping a "laundry list" of priorities in favour of a speech focused on the financial woes buffeting the nation.

Michaëlle Jean

The throne speech that Governor General Michaëlle Jean will deliver tomorrow at 2 p.m. will send a clear signal to MPs and the nation that the economy will be the "dominant" focus of the parliamentary session that resumes today.

"It's less a prescriptive laundry list of policies and actions the government intends to take. It's heavily focused on the economy and less specific on other areas," an aide to Prime Minister Stephen Harper said yesterday. **TORSTAR NEWS SERVICE**

Asthma misdiagnosed: Study

HEALTH Some 30 per cent of adult Canadians diagnosed with asthma do not actually have the disease, new research out of the University of Ottawa suggests.

That would mean as many as half a million people in Canada are inhaling potentially dangerous steroid medications — and spending hundreds to thousands of dollars a year on them — says Dr. Shawn Aaron, head of respiratory medicine at the school and the lead study author. **TORSTAR NEWS SERVICE**

James Blunt **Metro guest editor**

RAFE ARNOTT/METRO VANCOUVER

Singer James Blunt reads the copy of Metro Vancouver that he helped edit before performing at G.M. Place last night. The acclaimed musician was the guest editor of more than 100 Metro editions published yesterday around the world.

Virginity verdict overturned

A French appeals court yesterday overturned a ruling by a lower tribunal that annulled the marriage of a Muslim woman accused of lying about being a virgin.

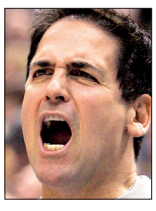
The marriage was annulled earlier this year when a court held that the woman had lied over what is called in French law an "essential quality,"in this case her virginity. It ruled that the marriage contract was therefore invalid.

The case sparked outrage from both feminists and human rights activists shocked that a court could consider virginity an "essential quality." Some politicians also expressed concern that conservative Muslim values were creeping into French law. **REUTERS**

Background

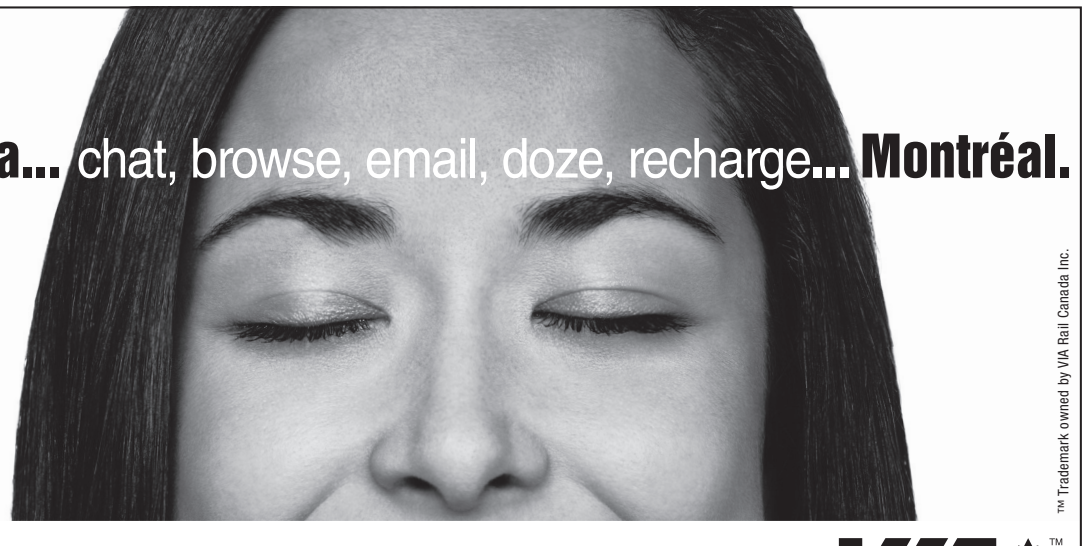
- The couple, a computer specialist in his 30s and a trainee nurse in her 20s, were married in 2006 in the northern French city of Lille but the husband rejected his wife after discovering on the wedding night that she was not a virgin.

Cuban charged with insider trading



Cuban

SEC Mark Cuban, owner of the Dallas Mavericks basketball team, was charged with insider trading in shares of Mamma.com Inc, an Internet search engine firm, the Securities and Exchange Commission said on yesterday. **REUTERS**



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Comment & Views

Comment

Hoping for harmony

Signs pointing to more peaceful Parliament

NationalReport

After five months of downtime, our palace of "dysfunction" as the prime minister called it, reopens today. We recall Parliament was shut down — and an election held — because it got so unruly they were thinking of handing out construction helmets.

The farces piled up. Everything short of bills stipulating new doorknobs for the parliamentary restaurant was declared a vote of confidence. Mini matters, such as an MP viewing his barely-clad girlfriend on his laptop, became the talk of scandal.

The inmates can surely do better than this — and in this 40th parliament there is hope the discord can be turned to harmony. A global economic crisis tends to focus the mind beyond the flimsy.

We have a prime minister who seems less uptight than he was in his first confrontational term when it was like he was on a baby seal hunt. Stephen Harper met with the premiers last week, making peace around the table. He met with his party flock in Winnipeg and, sounding like he's becoming attuned to the Canadian mainstream, issued a warning against being ideological. He sat down with world leaders in Washington to gain a greater global perspective.

Prior to this, he appointed a new House leader, Jay Hill, who promises to be more accommodating than the last one. He has given his members permission to vote for a new Speaker — the vote is today — to try and replace the current one, Peter Milliken, who has been unable to control the chamber.

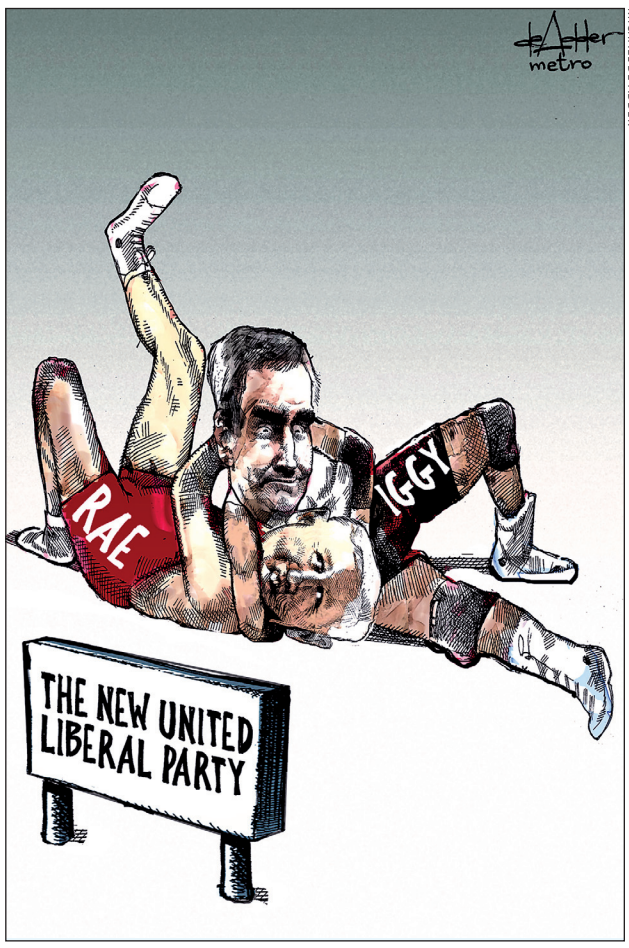
"We have a prime minister who seems less uptight than he was in his first confrontational term when it was like he was on a baby seal hunt."

The Liberals are in the course of electing a new leader, meaning there should be no attempts to bring down the government for at least a year to come. The opposition parties will rant and rave about the government heading into deficit, but it's a red herring. There's nothing wrong with running a modest deficit, as Mr. Harper has stated, as long as it isn't for the long term.

The example of a new more mature government in the U.S. may spread here and elsewhere. There is a wide sense, given the looming global crisis, that co-operation should replace confrontation. In Washington it was a group of 20 leaders — Paul Martin's original idea — that met instead of the unrepresentative G8. In Afghanistan, the president is inviting the Taliban for peace talks, something our government should be encouraging.

After a first term in which he seemed to spend more time undermining democracy than adorning it, Stephen Harper appears to have moved beyond the point of petty squabbling. Other political leaders in Ottawa will hopefully show the same rational spirit. It's no time for the small stuff.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Views

Privacy, security go hand in hand

By DR. ANN CAVOUKIAN, PhD

For more than a decade, I have been advancing the concept that technology has the ability not only to encroach upon privacy – but also to protect it. Since the 1990s, I have been advocating that we can eliminate the "zero-sum" game of sacrificing privacy in favour of security – but only if we address how to protect privacy while we are creating new security technologies.

In other words, we must opt for a "positive-sum" scenario wherein privacy and security can both co-exist. In doing so, we enlist technology to protect privacy and safeguard personal information through privacy-enhancing technologies, called PETs.

When applied to technologies of surveillance, PETs can literally transform a security technology to one that is protective, rather than invasive, of privacy — hence my term for them: transformative technologies. But this can only happen if privacy is built directly into the architecture of a technology, at the developmental stage. I call this "privacy by design" — embedding privacy into the design specifications of whatever technology is involved.

Dr. Ann Cavoukian

One example of this is the new Enhanced Drivers' Licences (EDLs) that at least four provinces are developing. Starting next summer, Canadians who are not carrying a passport must have an enhanced drivers' licence that meets U.S. standards in order to cross the U.S. border. B.C. already has a pilot project under way, and Ontario, Manitoba and Quebec will soon be launching EDL programs. A number of other provinces are considering this. These enhanced drivers' licences must include a radio frequency identification (RFID) tag in order to be accepted at the U.S. border. However, RFID tags are vulnerable to a number of security weaknesses that leave them open to eavesdropping, surveillance and identity theft.

That is why we must prevent the unauthorized disclosure of the information embedded in an RFID chip. Currently, the suggested method for allowing cardholders a measure of privacy is to provide them with an electronically opaque sleeve, called a Faraday Cage, which would block the transmission of information from the RFID. However, the truth is that most people won't remember to use the sleeve. In my view, the simplest and most elegant solution would be to add an "on/off" switch to the RFID chip. And this is becoming quite feasible. There are already several companies that have successfully developed and tested "on/off" switches for RFID chips.

We can achieve privacy without losing functionality, but only if we lead with privacy and embed it into the design and architecture of all new technologies — a true "win/win" for everyone.

Dr. Ann Cavoukian is the Information and Privacy Commissioner for the province of Ontario.

Letters

Jason Setnyk, CORNWALL, ONT.

Terrorists have thrown acid in the face of freedom. I was horrified by the news that some school children, including young girls, were brutally assaulted and scarred for life.

It is a stark reminder that the job in Afghanistan is not over. From 1996 to 2001, the Taliban ruled, and they eliminated women's rights. The Taliban lost the war in 2001, they lost power, and now a new generation of women has hope.

Attacking these young girls might stop some Afghan parents from sending their children to school. But this brutal assault has shown the world what these thugs stand for. It will only inspire the Afghan people and the troops stationed in Afghanistan to continue fighting hard until the streets are safe, and women there are treated with respect and equality.

Ricardo Di Cecca, BURLINGTON, ONT.

Re: Portrait of Contempt, Nov. 13

There is an under-reported reason as to why so few voted on Oct. 14.

The electorate had no viable political party to address today's moral issues. In reality, it remains near impossible to find a party that speaks cogently, eloquently and coherently about matters of penultimate values.

Consider the squandered parliamentary vote on the redefinition of marriage, the run-amok human rights commissions, the divisive naming of an abortionist to the Order of Canada and, most recently, the Harper government's initiative to squelch C-484 (unborn victims protection bill).

When debate is limited and/or avoided, it will always result in stay-at-home, disenfranchised voters.

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Colombians ensnared by easy money scams
The lure of easy money was too tempting for thousands of Colombians, from poor farmers to big-time politicians, who lost life savings in pyramid schemes that grew through last year until exploding in a wave of bankruptcies this month. REUTERS

Business

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EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

More layoffs, bailouts and recessions

ECONOMY Japan became the latest major economy to fall into recession and Citigroup said yesterday it would cut 52,000 jobs, or 15 per cent of its workforce, in one of history's largest layoffs.

In a bid to contain the economic fallout, the U.S. Senate debated a bailout of American car firms, Germany said it was ready to guarantee funds for General Motors Corp.'s Opel unit, and Japan's Toyota came under ratings scrutiny.

Automakers have taken the brunt of the impact from a dramatic decline in consumer spending, triggered by a housing crash and worsened by rising unemployment.

After the G20 failed to come up with specific new measures to ease the world's financial strains this weekend, the IMF said it needed at least $100 billion US in extra funding to fight the crisis. REUTERS

Petro-Can delays oilsands mine

ENERGY Petro-Canada said yesterday it will delay a final go-ahead for the mining portion of its planned $21 billion Fort Hills project, looking to the weak economy and falling oil to lower overhead costs that have plagued rival oilsand ventures.

The company won't make a decision on proceeding with the mine until next year, as it expects costs to decline as oilsands projects fall by the wayside. REUTERS

Business in brief

CREDIT Export Development Canada will stop taking requests from autoparts makers to insure against Chrysler receivables, signalling growing fears the automaker may go bankrupt. The EDC covers up to 90 per cent of losses if a customer refuses to pay. REUTERS

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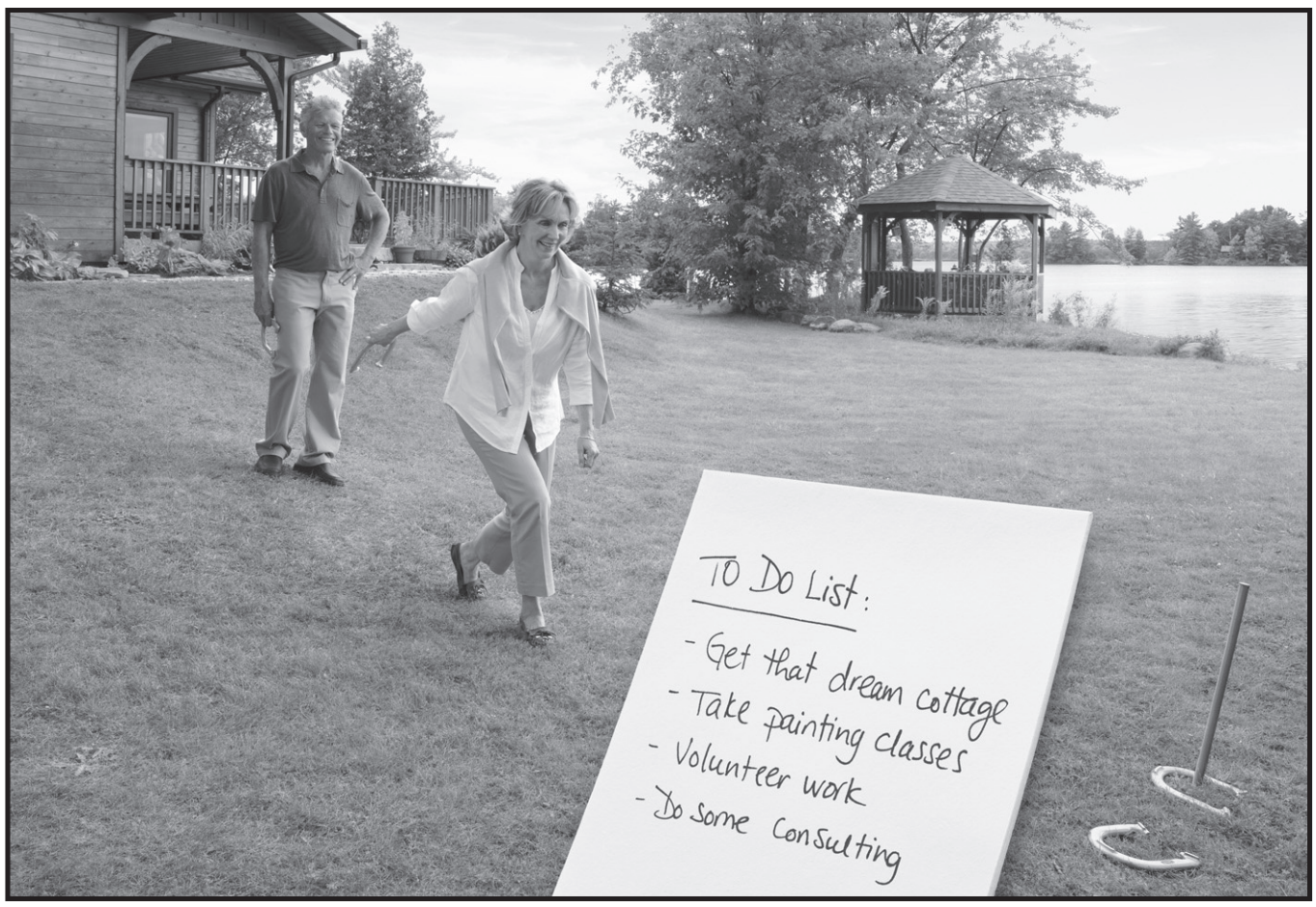

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Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Scam artists prey upon individuals in times of economic hardship.

Scam sharks smell blood

MoneyMatters

Q I am married with a beautiful six-month baby girl. Several months ago, my wife got laid off from her job. I earn a decent salary but it's very difficult with one income. She would like to start up a small business. We were offered start-up capital at 2 per cent interest rate. The broker requires a 10 per cent deposit to secure the financing. Is this a good deal? Sal

A Canadians should brace themselves for a slowing economy, with difficult times ahead for many businesses and individuals.

In difficult times, individuals should be more diligent. Scam artists prey upon individuals in times of economic hardship. They have no remorse and do whatever it takes to steal your hard-earned money. They use catchy lines like "Easy money", "No experience needed", "Lots of money for little work."

You already know the old cliché: If it sounds too good to be true …

It is illegal to ask for money upfront for a loan, prior to an agreement. Don't be too quick to write a cheque. There are many different fraudulent schemes and scams out there. Some are old, some new, and others old with a new twist.

Regardless if the face is jolly with a red suit, watch out for some of these fraudulent schemes:

- Loan scams that ask for money in advance of an agreement or the loan
- Identity theft and credit card scams
- Billing scams that ask for payment, although no service was performed or goods sold
- Home-based business scams
- Pyramid and MLM schemes that require a fee for recruiting people, not for selling products
- Charitable donations for computers, developing countries, etc., that offer tax refunds greater than your contributions.

Henry Choo Chong, CGA, provides professional accounting and taxation solutions: choochonghcga@yahoo.ca.

Rising from ashes after hitting rock bottom

In recent months, the term "rock bottom" has been closely linked to speculation around our financial markets or even the recent drop in the prices of real estate; however, for the five of us, the expression has a more personal meaning. Fortunately, the outcome of our individual all-time lows turned out to be positive ones.

For Andrea, her financial rock bottom came in her late 20s, several years into her career in marketing. After getting a promotion, she had accumulated close to $20,000 in consumer debt, the majority of which was spent on designer coffees, stylish jackets and dinners out with friends. After racking up two credit cards, as well as her line of credit, she soon found herself dodging creditor's calls at work. But Andrea's all-time low came when she was asked to go on a work trip to Denver and to expense the flight and hotel on her credit card. Problem was — she couldn't.

Katie, a thriving publicist, knew she was in trouble when she found herself anticipating her fiancés time on the golf course. Why? Because his golf games translated into four uninterrupted hours of shopaholic spending. It was only when her fiancé stumbled across a $300 price tag for Katie's 13th pair of designer jeans, that she realized she had a problem.

Whether you are lying about money or just lying about the type of life you can afford to live, we have been there. We came, we spent, we delved deep into debt and, for us, salvation finally came in the form of a money group.

After finding each other, we made a pact to get out of debt and start living our richest lives; what we were never able to achieve financially as individuals, we were able to do with the support of one another. It wasn't easy. But if we were able to do it, so can you!

Forming a money group is the simplest way to commit to changing your spending patterns. Just like the anticipation of a weigh-in, there is nothing like knowing you will have to confess to your impulse purchases at this week's money group, to prevent you from overspending.

Smartcookies.com offers tools and resources to help you on your way.

SmartCookies

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

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Investing

The week's column looks at the market's behaviour. Visit metronews.ca

Gilmour to coach Frontenacs
Former NHL star Doug Gilmour left his post as assistant coach with the AHL's Toronto Marlies to take on head coaching duties with his hometown team, the OHL's Kingston Frontenacs. METRO NEWS SERVICES

Sports

Pujols wins second MVP

St. Louis Cardinals first baseman Albert Pujols has been named the National League's Most Valuable Player, as voted on by the Baseball Writers' Association of America. Pujols, who won this award in 2005 and is a four-time runner-up, garnered 369 points to outdistance Philadelphia first baseman Ryan Howard by 61 points. METRO NEWS SERVICES

SPORTS@METRONEWS.CA

Rangers down Sens in shootout

NHL RESULT

Senators 1 Rangers 2 (SO)

VS

MIKE BEASLEY
for Metro Ottawa

RAY STUBBLEBINE/REUTERS

Ottawa Senators winger Nick Foligno dives in front of New York Rangers centre Brandon Dubinsky as they chase the puck in the first period of their game last night in New York.

THE SKINNY: The Ottawa Senators eked out a point in a shootout loss to the New York Rangers — the top team in the Eastern Conference — but saw their losing skid continue. Ottawa is now winless in five games.

THE WINNING GOAL: The Rangers' Nikolai Zherdev scored the only goal in the shootout as he snapped the puck between the legs of Ottawa goalie Alex Auld to give New York the win.

THE FIRST LOOK: Last night's match in Manhattan was the Senators' first regular season look at defenceman Wade Redden, who signed a free agent contract with the Rangers last summer.

HOW SWEDE IT IS: Both regulation-time goals were scored by Swedish-born players. Daniel Alfredsson opened the scoring for Ottawa late in the second period, and Fredrik Sjostrom tied the game for New York midway through the final frame.

ALFIE'S GOAL: Alfredsson picked up his first goal in 10 games and his first even-strength marker of the year. His other three tallies have been scored on the power play.

THE NEW FACE: Local boy D Brendan Bell played a strong game in his first appearance in an Ottawa Senators uniform after being called up from Binghamton.

THE NEXT GAME: The Senators return home from a two game New York City and area road trip to face the Montreal Canadiens at Scotiabank Place on Thursday night.

YorkReport

Marty York
marty.york@metronews.ca

No favourites in Grey Cup game

CFL The Alouettes lost only two of their 10 home games this season and yet they are not favoured for Sunday's Grey Cup game in Montreal. To find out why, read the York Report online at metronews.ca/sports.

SCOREBOARD

NHL

YESTERDAY'S RESULTS
Boston 3 Toronto 2
Detroit 4 Edmonton 0
N.Y. Islanders 2 Vancouver 1 (SO)
N.Y. Rangers 2 Ottawa 1 (SO)
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NFL

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tico.ca

What it costs
Diabetes resulted in $884 million in direct health-care costs in 2000. Indirect costs in lost productivity and premature death added $1.7 billion to the economy. **CANADIAN DIABETES ASSOCIATION**

Health

High price to pay

A person with diabetes incurs medical costs two to three times higher than a person without diabetes. A person with diabetes can face direct costs for medication and supplies ranging from $1,000 to $15,000 a year.

TORSTAR NEWS SERVICE

Diabetes on the rise

BRIAN TOWIE
Metro Canada

Diabetes isn't going away. It's getting worse.

Since World Diabetes Day passed last week — and November marks National Diabetes Month — medical professionals have been getting the word out on this disease, which afflicts more than two million people across the country and kills more than 40,000 Canadians every year. The numbers are only expected to go up, say experts, and depending on your lifestyle choices, you could be more at risk of contracting it than you think.

"Diabetes is increasing at a dramatic pace. It is estimated that about 8 per cent of the Canadian population has diabetes — 90 per cent with Type 2 diabetes and 10 per cent with Type 1 diabetes," says Dr. Vincent Woo, chair of the clinical and scientific section at the Canadian Diabetes Association.

By the end of this decade, the number of Canadians who suffer from diabetes will reach three million, according to a Toronto Star report published recently. There are a number of reasons for the increase besides age. Certain ethnic groups — such as South Asian-, African- and Hispanic-Canadians and First Nations people — are at higher risk for the disease. Obesity and lack of physical activity are also both contributing factors. More education on diabetes prevention is needed, adds Woo, because the disease's effects are so serious and lead to so many complications.

"Diabetes education is clearly needed to identify the problem early and to identify those at risk so that steps can be taken," he said. "Diabetes is the leading cause of blindness in working-aged adults, leading cause of end stage kidney failure, leading cause of non-traumatic amputation and individuals with diabetes have a two to four times higher rate of heart attacks. Heart attacks occur 10 to 12 years earlier, and have a worse outcome than those without diabetes."

Research is still being conducted on what causes Type 1 diabetes — experts believe genetic factors and exposure to viruses are involved. But scientists advise early detection is a key to managing Type 2 diabetes, and risk indicators include having high blood pressure and cholesterol, family history, being older than 40 years of age, and other conditions such as vascular diseases and polycystic ovary syndrome.

You can reduce the risk by watching your diet and getting more active. Less fat and more fibres, fruits and vegetables are better choices, and exercise improves your health all around. Losing as much as 5 to 10 per cent of your body weight can also cut your risk significantly, says a report by the Canadian Diabetes Association. Regular checkups to the doctor, dentist and eye care specialists will also help.

You can reduce the risk of developing Type 2 diabetes by watching your diet and getting active.

Type 1 vs Type 2

- **TYPE 1:** Type 1 diabetes is an autoimmune disease in which the body makes little or no insulin. It develops most often in children and young adults before age 30, although it can appear at any age. There is no known cause and no way to prevent it. The disease is not caused by consuming too much sugar.

- **TYPE 2:** Type 2 diabetes is the most commonly diagnosed form of the disease. With Type 2 diabetes, your body can't use the insulin it makes.

It is associated with those age 40 or older, obesity, family history of diabetes, high blood pressure, abnormal cholesterol levels (such as if your HDL or "good" cholesterol levels are 35 or lower or the triglyceride level is 250 or higher), schizophrenia, polycystic ovary syndrome, acanthosis nigricans (darkened patches of skin), previous history of gestational diabetes, history of giving birth to a baby over nine pounds, physical inactivity and ethnicity (those of Aboriginal, Hispanic, Asian or African descent). Type 2, which develops more slowly than Type 1, is increasingly diagnosed in children and adolescents.

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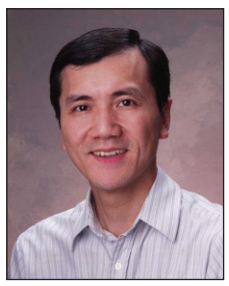
Simply by looking in your mouth, your dentist may find signs of such things as **anemia, diabetes, heart and liver disease, immune system disorders, dietary issues, even arthritis** to name only a few. Some have suggested that up to 90% of systemic diseases will display oral symptoms.

Signs of health issues will vary depending upon the nature of an illness. They may include a pale-coloured mouth, unusual bleeding, a smooth or red tongue, erosion of the enamel of the teeth or lesions.

For some people, these oral symptoms may be the first signs of underlying health issues. You may not be aware that your health is at risk. However, **your dentist may uncover these issues** during a complete dental examination.



Healthy Habits Lead to Healthy Lives
Dr. David Lui
Dental Surgeon

And of course, **a complete examination may also uncover early warning signs of cancer.** Cancerous lesions often form under the tongue or other parts of the mouth that are difficult to see simply by looking in a mirror. Furthermore, use of such products as Vizilite Plus can help your dentist locate lesions still in a pre-cancerous stage. We all know the importance of early detection!

In addition to helping diagnose potential health issues, **your dentist can play a vital role in preventing those health issues from developing in the first place.** The key is to make sure you have a healthy mouth.

A mouth that is healthy mouth is an ideal defense against bacteria and viruses that can lead to disease. **Saliva is full of antibodies and enzymes that provide a great defense against many health concerns.** Yet it will only function properly in a healthy mouth.

To keep your mouth healthy, **you need to make sure you have a good oral health regimen,** which includes daily flossing and brushing, plus regular visits to your dentist. It also means maintaining a healthy diet that limits the intake of sugar, fat and alcohol.

By no means should your dentist take the place of your family doctor. However, it is very important to understand that there is a link between your oral health and your overall health. Talk to your dentist to discover more about this vital link.

And remember, maintaining a healthy mouth is a healthy habit…and healthy habits lead to healthy lives.

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metro
Do it daily.

Cancer patients forget Many newly diagnosed cancer patients, no matter what their age, have trouble absorbing all the information their doctors give them, a new study shows. REUTERS

Gaming widows

The J Spot

Josey Vogels

Sex talk with Josey

The tragic death of Brandon Crisp has raised serious concerns about teens and online gaming. But parents aren't the only ones struggling. If you've heard the phrase, "Five more minutes, hon" one too many times from your beloved, you may have come to be known as a 'Game Widow.' And the consequences can be equally serious.

Game Widow author Wendy Kays tells me about one couple in which the husband was a stay-at-home dad, except his obsessive online gaming habit left little time for parenting. Through the game he met a female avatar (your online character) and married her online, convinced he wasn't cheating because it was only a game. When his teenage son discovered this, his father told him not to tell mom, showering the boy with gifts and attention to keep him quiet. The son eventually attempted suicide.

With the explosion of MMORPG's (massively multi-player online role-playing games, like Second Life and World of Warcraft), the number of online gamers is growing, ergo, the number of Game Widows. Only about 10 to 20 per cent of those who play these games become obsessed, but considering that World of Warcraft alone has about 10 million players worldwide, based on population statistics, there are probably one million Game Widows for that one game alone. "And that's lowballing it," says Kays.

"If you are emotionally involved with a game you've never played, you're a Game Widow."
Author Wendy Kays

How do you know if your partner has a problem? "It's hard to put a number on it. In fact, some people like that their partner spends so much time online because it frees them up to do what they want. I say that if you are emotionally involved with a game you've never played, you're a Game Widow," says Kays.

As a former Game Widow herself, Kays suggests that you disengage with the person and the activity. "Don't bring them food or take care of their chores while they play, and stop apologizing or making excuses when they don't show up for family events ... because they'd rather be gaming."

Then, map out a "game time" and "you time" calendar together.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication treatment for depression. The purpose of the study is to further our knowledge about the treatment of depression. Treatment duration is approximately 8 weeks and includes a physical exam, blood tests and a psychiatric interview. A 52 week extension of continuing treatment will be offered to those completing the study and eligible for extension. All information provided will be treated in strictest confidence. To volunteer, you must be 18-70 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no significant drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed.	■	■
I am having difficult sleeping.	■	■
I am feeling low in energy and slowed down.	■	■
My appetite has changed.	■	■
I am experiencing feelings of guilt.	■	■
I have lost interest in work and pleasurable activities.	■	■
I feel hopeless about the future.	■	■
I feel tense and anxious.	■	■
I am having difficulty making decisions.	■	■
I am having trouble concentrating.	■	■

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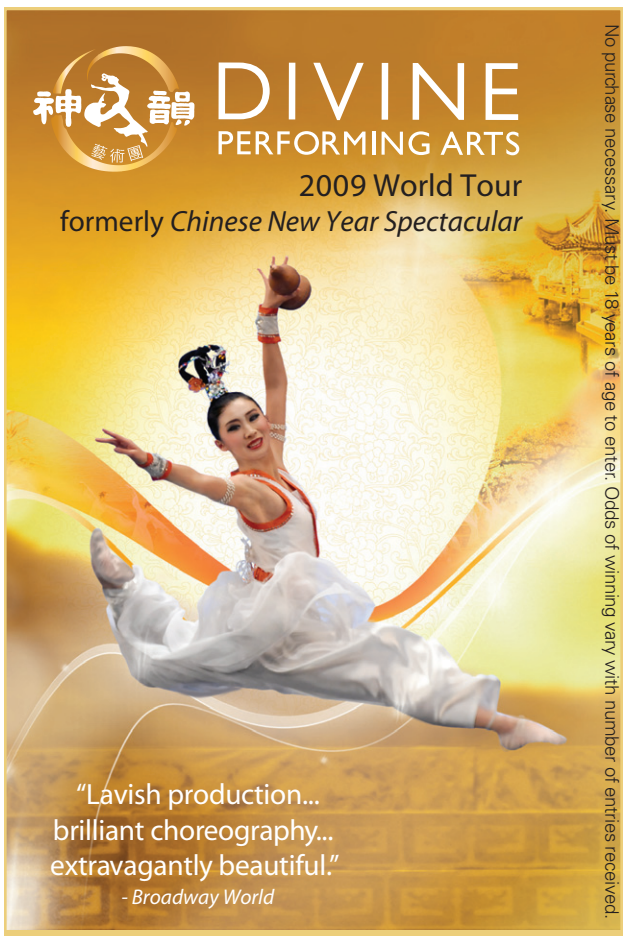

12 **Rowling to give book proceeds to orphans**
Harry Potter author J.K. Rowling hopes to make $30 million US for orphaned kids with her new book. The writer will give proceeds from The Tales Of Beedle The Bard to the Children's High Level Group, which provides support for parentless kids. **IMDB.COM**

Entertainment

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Serena Ryder is A OK

BRIAN COULTON
for Metro Canada

EMI MUSIC PHOTO
Serena Ryder won the Juno for best new artist earlier this year.

When Serena Ryder won the Juno Award for best new artist in April, many were left scratching their heads.

"They probably think I'm a lot more talented than I actually am!" Ryder says, laughing.

Surely, it was not in criticism of Ryder's deservedness of the accolade. But to them, her name was nothing new at all. She's just one member of a group of underrated Canadian female singer/songwriters, which also includes Emm Gryner, Damhnait Doyle and Esthero.

Ryder may have been active in the Canadian music industry for years before nabbing the Juno, but in collecting the honour, the 25-year-old found opportunity for self-renewal.

"That's kind of a global desire to have that newness in the world, to feel like you're starting over again and to have a fresh start," she says.

While the acknowledgement wasn't needed, it did reassure her that the industry was finally becoming more receptive of her. "It's given me that feeling inside my belly that I feel like I have the support behind me," she says. "That's one of the most important things, as a human in this world, to have that support and know your peers and family are all behind you."

That level of endorsement resulted in the emotionally fitful soul bearing contained on Is It O.K., Ryder's new studio album. With her indefinably strong but savoury vocals and guitar-led folk rock instrumentation, Ryder says she was able to release the pain she was feeling, which she says is typically suppressed by most.

"That pain is an important part of our lives. A lot of this record was me allowing that pain to come out and to be present in the process."

Her lead single, Little Bit of Red, exemplifies that liberation. At the height of the song's chorus, Ryder sings, "Your black and white needs a little bit of red," reflecting on her frustration with constant human urge for self-definition in order to feel comfort.

"I like to think of the line as maybe even bleeding a little bit," she says. "The song is really about trying to fit yourself into those boxes and using those boxes as excuses for a lot of your fears. But humans are multi-faceted beings. There's never one thing that can define us."

OT		Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
11/18/08	primetime	265	353	2	TVO	Undersea Exp.	Parks	The Agenda With Steve Paikin		The Children (Part 1 of 3) (N)		The Mummy Diaries		Agenda-Paikin
		211	331	3	GTV	ET Canada	Entertainment	House "Emancipation"		(9:01) 90210 (N)		Kitchen Nightmares (N)		News (N)
		-	-	5	SRC	Virginie (SC)	La Facture	Providence (HDTV) (N) (SC)		Roxy (N) (SC)	Filantes	Le Téléjournal (N) (SC)		La Zone
		209	342	6	CHRO	Instant Star	TMZ (N)	Pushing Daisies (N)		(9:01) Fringe (N)		(10:02) Eli Stone (N)		News (N)
		196	311	7	CTV	Hollywood	etalk	Law & Order (HDTV) (N)		Dancing With the Stars		Law & Order: SVU		News (N)
		208	303	8	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	The Tudors		CBC News: The National		The Hour
		-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	The Biggest Loser: Families (N)				Law & Order: SVU		News (N)
		117	713	10	TVA	Occupation	Vidéos	Histoires-filles	Caméra café	La Promesse (HDTV) (SC)		TVA 22 heures	(10:45) Denis Lévesque	
		-	-	11	QS	Beauté	Loft Story	Génération séduction		La Verité choc		Cent dix pour cent (SC)		Loft Story
		137	763	12	TFO	Panorama		Canada	Villages	*Une femme est une femme* ★★ (1960)			Aventures	Les Couleurs
		-	362	13	CBS	Dr. Phil (HDTV)		NCIS "Cloak" (HDTV) (N)		The Mentalist (HDTV) (N)		Without a Trace (N)		Two/Half Men
		216	395	14	OMN2	Cold Case "Wishing"		News (N)		News (N)		2Half Men	King	Cold Case
		214	344	15	CITY	Law & Order: SVU		Rita Rocks	Rita Rocks	Privileged (HDTV) (N)		Hates Chris	Friends	News (N)
		115	343	16	CFMT	Two-Half Men	The Simpsons	News (N)		Vivere II	News (N)	The Simpsons	King of the Hill	Metropia
		218	345	18	E!	The Insider (N)	E! News	The Biggest Loser: Families (N)				The Best Years (DVS)		News (N)
		-	361	20	ABC	News (N)	Entertainment	Dancing With the Stars		Dancing With the Stars		(10:02) Eli Stone (N)		News (N)
		512	396	24	CPAC	La Période de questions		Heure polit.	À la une				Revue	Période-quest.
		651	355	25	CTS	Happy Days	Laverne	Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
		-	365	36	FOX	TMZ (N)	Seinfeld	House "Emancipation"		(9:01) Fringe (N)		News (N)		News
		-	-	64	PBS	Business Rpt.	Whiz Quiz	Nova "The Bible's Buried Secrets" (HDTV) (N) (DVS)				The Blue Puttees		Tavis Smiley
		205	312	104	CTV	Hollywood	etalk	Law & Order (HDTV) (N)		Dancing With the Stars		Law & Order: SVU		News (N)
	news	502	390	26	NW	CBC News	Newman	The Hour		CBC News: The National		Fixing My Brain (N)		National
		500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live		Anderson Cooper 360 (HDTV)		
	sports	406	417	27	net	Air Racing	UFC: Access	World Combat League		The Ultimate Fighter		Sportsnet Connected (Live)		Hockey Central
		126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
		400	280	30	TSN	NHL Hockey Montreal Canadiens at Carolina Hurricanes. (HDTV) (Live)					SportsCentre		That's Hockey!	SportsCentre
		410	403	52	SCR	NBA Basketball Toronto Raptors at Orlando Magic. (Live)					Score Tonight	Score Tonight		Hockey Talk
		411	457	56	OLN	Ed's Up	Videos	Survivorman		Angry Planet	Flying Doctor	Which Way to...		Pilot Guides
		417	406	59	SC	Pinks	Pass Time	Low Life	Low Life	Super Bikes!	Super Bikes!	Unique Whips	Hot Import	2010 Mustang
	family	554	544	48	TEL	George-Jungle	Bugs Bunny & Tweety Show		Wayside	Johnny Test	Futurama	American Dad	Robot Chicken	Rick & Steve
		557	540	51	FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
		551	542	65	YTV	Malcolm-Mid.	Home Improve.	Malcolm-Mid.	Sabrina-Witch	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline Proj	Mystery Hnt.
	cable variety	570	580	29	MM	mmmtop	Where You At	Listed (Part 2 of 2)		Popaganda "Sellebrity"		Don't Forget the Lyrics!		Party of Five
		615	520	31	A&E	CSI: Miami "Big Brother"		The First 48 (HDTV)		The First 48 (HDTV)		The Rookies	The Rookies	Jacked: Theft
		628	584	32	SPKE	CSI: NY "Heroes"		CSI: Crime Scene		UFC Unleashed		UFC Unleashed		MANswers (N)
		521	560	34	TLC	Wild Child: Feral Children		My Shocking Story (N)		Mystery Diagnosis		Dr. G: Medical Examiner		Shocking Story
		145	761	35	TV5	Toute une histoire		Pékin express: la route de l'Himalaya			Suisse	Champ. nature	Humanima	Journal TV5
		616	521	39	SHO	About a Girl	About a Girl	The Best Years (DVS)		Testees	Trailer Park	The Shield "Petty Cash"		House
		620	523	40	BVO	Desperate Housewives		Live at the Rehearsal Hall		Each Day		The Bravo! Concert Hall		Law & Order
		520	505	42	DIS	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	Dirty Jobs		Daily Planet
		575	583	43	CMT	Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Cheerleaders
		601	562	45	SLC	End of Leash	ET Canada	Wedding SOS	In Laws	Rich Bride, Poor Bride		Tori & Dean: Home		Wedding SOS
		625	548	46	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	S. Silverman	Flt.-Conchords	Daily Show
		294	529	47	TBS	House-Payne	House-Payne	*The Mighty Ducks* ★★ (1992, Comedy) Emilio Estevez.				Steve Harvey	Family Guy	Family Guy
		600	564	49	H&G	House Hunters	Property Virgin	Pure Design	Style	Sarah's House	Design Inc.	Colin & Justin's Home Heist		Holmes-Homes
		627	528	50	SPC	Lost "Lockdown"		Star Trek: Next Gener.		Battlestar Galactica		Rabbit Fall (N)	The Circuit	Stargate SG-1
		581	566	53	MTV	Busted	After	MTV News	Cribs	Paris Hilton's My New BFF		Paris Hilton's My New BFF		MTV Live
		618	524	54	TROP	Beverly Hills, 90210		Planet Soap	What Happen?	Family Guy	Seinfeld	Seinfeld	King	Family Guy
		522	506	55	HIS	NCIS "Doppelganger"		Outlaw Bikers		Ax Men		NCIS "Doppelganger"		Crime Stories
		129	773	60	CD	Biographies (HDTV)		Mayday (HDTV)		Images-chocs		Un tueur si proche		Docu-D
		261	394	61	V	Murder, She Wrote		Bless-Father	On the Buses	Quantum Leap		Jonestown Paradise Lost (N)		
		602	567	62	W	Will & Grace	Friends	How to Look Good Naked		Style by Jury	Style by Jury	How to Look Good Naked (N)		Maxed Out
		269	350	70	APTN	Wings-Canada	Great Towns	Wapos Bay (N)	Rez Rides	Fish Out of	Mixed Blessing	First Nation	Rabbit Fall (N)	Moccasin Flats
		621	527	71	TLK	The Ellen DeGeneres Show		TMZ (N)	etalk	The Tonight Show-Jay Leno		Paris Hilton's My New BFF		TMZ
		603	561	95	FN	The Main	Chef at Home	Restaurant Makeover		The F Word (N)		Chef School	At the Table	Restaurant

critics'corner

Rabbit Fall
In this new episode, Tara and Zoe (Andrea Menard, Tinsel Korey) discover the dead body of a girl in the woods. It turns out that this particular part of the forest is sacred and has some dangerous powers. Tara strongly suspects that Simon Blackhorse (Patrick Bird) is responsible for the girl's death when she finds out he sent her there for a traditional berry fast. 10 PM on 50 SPC

NCIS
In this new episode, Gibbs (Mark Harmon) and the team are forced into a war game that not only proves dangerous but reveals a shocking secret — but these folks are no strangers to big revelations in "Cloak." 8 PM on 13 CBS

The Tudors
As Henry (Jonathan Rhys Meyers) gets some unhappy news, tempered by an enjoyable encounter, Anne (Natalie Dormer) fears that the continuing presence of her predecessor (Maria Doyle Kennedy) is a threat to her position. 9 PM on 8 CBC

Read these DVDs reviews at metronews.ca: WALL-E, Tropic Thunder, Murder by Decree, Black Christmas

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New Idol season, new rumour season

IntelleVision

Rick McGinnis
rick.mcginnis@metronews.ca

PROVING A NEGATIVE: American Idol begins in a couple of months, which means it's time for the annual "Paula — nuts or toast?" rumours.

They've begun right on schedule, with a denial by her publicist (there's a job you'd take only if the alternative was incurable cancer) published in the Los Angeles Time, in response to a rumour that apparently started with OK magazine before gaining traction on Perez Hilton's web site.

(Excuse me for a second while I ponder this dubious chain of information — it's the sort of questionable authority that would make me doubt basic laws of physics should they confidently report on rumours of gravity or photosynthesis in action.)

"It's absolutely untrue," said Abdul's publicists in response to the story that she was leaving the show, though a further rumour was offered up by a nameless source that it was a ploy by Abdul to renegotiate her contract.

From where I'm sitting, it's a tactic somewhere up there with the fundraisers at your old school telling you that the alma mater will cease to be if you don't write a check now; someone, somewhere is eventually going to wonder where the downside is.

Another rumour proved untrue was the one that NBC had canceled Lipstick Jungle, which had prompted fans of the show to start sending the network — get ready for it — tubes of lipstick in protest. (Can we all agree now that these fan protests have long since ceased to be either novel or effective?)

"Our bosses are saying, 'You're not canceled, don't worry. We're just trying to figure out how to make this make sense,'" said Star Brooke Shields in an US magazine story. Her show is apparently one of many that rely on delayed viewing on DVRs, sucking the air out of the show's overnight ratings and putting it in jeopardy.

"I think on Monday there are emergency meetings as to what's going to go on. But I know the executives are really pushing it and believe in it."

Run through my Desperate Actor Decoding Ring, I'd say that Lipstick Jungle fans should save their lipstick for all of those evenings out where they're letting the TiVo take care of their night's shows. Not that I want you to feel guilty.

Finally, don't look for Julianne Margulies to be joining the flock of former stars returning for guest spots on the final season of E.R. She told the BBC she has no intention of making an appearance alongside Anthony Edwards, Noah Wyle and Eriq La Salle for the show's finale. Like most of us, she was apparently surprised to learn that it hadn't left primetime just around when girls at community colleges started wearing Ugg boots.

Rick McGinnis writes about music, movies, books and television, but not opera.

The Sisterhood of the Traveling Pants 2

"Amazing, remarkable chemistry and better than the original!"
- Mark S. Allen, THE CW NETWORK/SACRAMENTO

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School doesn't prep for all of life

HineSight

Anne Hines

I think I've learned a very important life lesson. No one can teach you what you really need to know. When my younger daughter, Becky, went to university this fall, her dad and I hoped she'd learn many useful things. Ideally, some of it would be in the classroom.

So far Becky has shared that she now knows mixing shooters with beer is a bad idea. And, if you leave a pizza unattended in the co-ed lounge while you go grab a Coke, you're going to have to learn to live with disappointment.

Becky has learned a few academic lessons as well. Unlike high school, she no longer leaves her classwork for the night before it's due. University libraries are open 24-hours. Now she leaves it until the morning it's due.

To be fair, I recall learning some less-than-useful things when I was in college. In a first year philosophy course, our main exam question was, "There is a chair in a room. If you leave the room, does the chair still exist?" We were asked to list what possible questions this concept poses. My answers included, "If you're not in the room, who cares if the chair is still there?" and, "Is the chair facing a television?" Needless to say, I did not do particularly well on that test. I did get a marginally better grade than my classmate who asked, "Is there a matching ottoman?"

These days I'm back at university studying to be a United Church minister. Once again, I've realized that what we learn in a classroom doesn't always prepare us for real life. What I've come to believe about religious texts is, if they leave you feeling you have all the answers, you're probably not asking yourself the right questions.

My school work assignment is being student pastor in an "end of life" care hospital. The first day, I broke a light in the lounge, set off the medic alarm in five separate rooms and almost lost a patient down a ramp as I attempted to fix his wheelchair brake. A nurse called me over as I was leaving. "These people are dying already, honey," she said gently.

"They don't need your help."

When it comes to Becky's life, or mine, perhaps no school can teach us what we really need to know. So, how will we achieve the wisdom we need? By living.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Trailer Park Boys to end

TELEVISION The Trailer Park Boys will soon be no more. After seven successful seasons, the cult favourite Canadian mockumentary TV series is coming to an end in the fall of next year. Creator Mike Clattenburg broke the news in a blog posting on the Showcase website. There will be a one-hour TV special on Showcase Sunday, Dec. 7 at 11 p.m., followed by a sequel to their hit movie which will hit Canadian theatres in October 2009.

PHILIP CROUCHER/METRO CANADA

GlobalStyle

Kenya Hunt

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TVO opens new digital studio

TELEVISION TVO's midtown Toronto studio threw opened its doors last Wednesday for the dedication of a new, state-of-the-art digital studio named after the Ontario premier who was responsible for the channel's founding four decades ago, and to celebrate the public broadcaster's survival in a environment that is often moving faster than well-funded private networks.

The William G. Davis studio, named after Ontario's premier from 1971 to 1985, upgrades TVO's facilities to an all-digital, high-definition environment, where studio and screen configurations can be changed at the press of a button. The renovation cut down the number of studio spaces from 5 to 3, and the number of control rooms from 3 to 2, and the network's reorganization of its broadcast and online technologies makes economical use of consumer technologies like Skype and YouTube, Flickr and Twitter.

RICK MCGINNIS/METRO CANADA

See complete online movie listings, trailers, reviews and purchase tickets at metronews.ca/movies

Sweetin inks deal for sobering memoir

Former Full House child star Jodie Sweetin has signed a six-figure deal for her forthcoming memoir about her battle with drugs and alcohol. The book, tentatively titled Wild Cards, comes three years after she kicked the habits. IMDB.COM

Celebrity Buzz

Pam goes punk as Westwood model

MODELLING Former Baywatch beauty Pamela Anderson will replace her famous red swimsuit with more offbeat attire — she is to model for punk fashion designer Vivienne Westwood, imdb.com says.

The actress has reportedly signed a six-figure deal to be the face of British designer Westwood's spring/summer range next year.

A source tells Britain's Mail On Sunday newspaper, "Vivienne and a team of stylists and photographers jetted to Los Angeles last week to shoot Pammie in the new campaign.

"She met Vivienne at one of her parties last year and they hit it off. Vivienne loves the quirkiness of having Pam in one of her campaigns."

Westwood's outrageous designs became popular with Britain's punk rock bands in the 1970s.

METRO NEWS SERVICES

Straight Lindsay set to leave Sam?

RELATIONSHIPS Lindsay Lohan is reportedly set to split from girlfriend Samantha Ronson — because she has realized she is not gay, imdb.com reports.

The pair sparked gossip about the extent of their friendship when they were spotted kissing and cuddling in Cannes, France, earlier this year.

Now it is claimed Lohan is getting tired of Ronson's constant presence — and is starting to question her own sexuality.

A source tells British newspaper the News of the World, "Linds is on the brink because Sam won't leave her side. Whenever she does, Lindsay's on the phone telling her mates she's decided she's not a lesbian.

"Of course she still has feelings for Sam — but she also feels like she has to escape."

METRO NEWS SERVICES

Kidman superstitious about her marriage

RELATIONSHIPS Nicole Kidman is so determined to make her marriage to Keith Urban last, she "touches wood" every day for good luck, imdb.com reports.

The Oscar-winning actress wed the country singer in June 2006, and they had their first child together — daughter Sunday Rose — in July.

But the Moulin Rouge star insists she and her husband have to work hard at their marriage if it is going to last the distance.

Kidman tells USA Today newspaper, "We're both willing to move mountains to make it work and, with that, you still touch wood. You commit to it and say, 'Whatever we can do that's humanly possible, we're going to do.' And that's it.

"I don't take any of it for granted. To have love again is a beautiful thing."

Kidman divorced first husband Tom Cruise in 2001. The pair has two children together; Isabella and Connor.

METRO NEWS SERVICES

Beckinsale won't keep it casual

RELATIONSHIPS Kate Beckinsale refuses to dress down as she believes it would ruin her marriage, femalefirst.co.uk reports.

The Pearl Harbor star hates going without makeup when she isn't working because she thinks her husband, director Len Wiseman, "would be a bit upset if I did."

"It's nice to feel like you're wooing the other person a bit, as once it degenerates into wearing yesterday's sweatpants and farting on the sofa, you lose a bit of the spice," she said.

"You've got to keep up the seduction phase — it's fun."

METRO NEWS SERVICES

Kiefer to move for N.Y. girlfriend

RELATIONSHIPS 24 star Kiefer Sutherland is planning to move to New York City from California, so he can be closer to his journalist girlfriend, Allure magazine style director Siobhan Bonnouvrier, imdb.com reports.

And, he can't wait to live in New York: "There's a sexiness to the people here that's extraordinary. Everybody's full of purpose. No one's just f—king around."

METRO NEWS SERVICES

Taylor hopes to become Dr. Swift

PLANS Teen star Taylor Swift has another career in mind if she tires of singing country music — she hasn't let go of her dreams of becoming a surgeon, femalefirst.co.uk reports.

The 18-year-old singer clings to hopes of a career in medicine, after being named her high school's best dissector in biology class.

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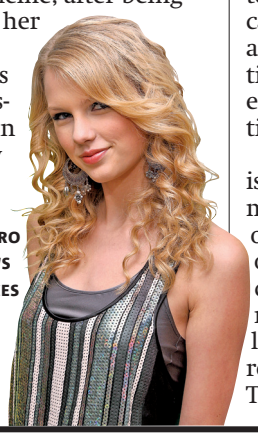

Willis' independent streak

CAREER Hollywood newcomer Rumer Willis refused to take any favours from her famous parents, so she could make it as an actress in her own right, imdb.com reports.

The daughter of divorced Hollywood power couple Bruce Willis and Demi Moore was determined to carve out her own career, without being accused of benefitting from her parents' connections.

And Willis is starting to make her own mark on the industry; she recently landed roles in The House Bunny and forthcoming film Wild Cherry.

Dad Bruce says, "She sat us down and said, 'I know you two think you're big shots, but I don't want any help.' And she went off and got work on her own."

Although she now refuses help from her famous parents, Willis' Hollywood career was kick-started by appearances in their films, including Moore's Striptease, and with father Bruce in The Whole Nine Yards and Hostage.

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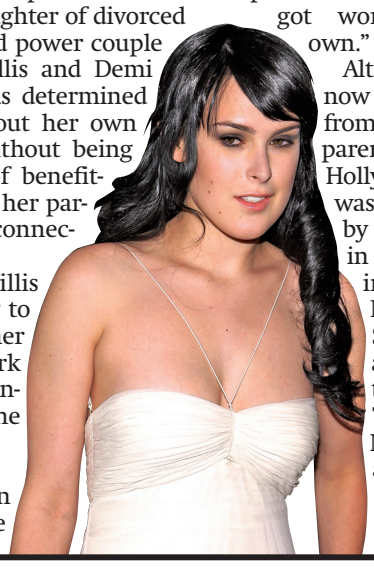

Is Ferrara 'special person' to Sigler?

DATING Former Sopranos star Jamie-Lynn Sigler has hinted rumours she is dating Entourage star Jerry Ferrara are true, imdb.com reports.

Sigler refuses to confirm they are dating, but says, "He is a special person."

But the star admits her pickiness makes it hard to date: "It takes a lot for me to even want to kiss someone. I have to have a connection and those are rare for me."

METRO NEWS SERVICES

Idol girlfriend calms Cook

RELATIONSHIPS Amid all the American Idol craziness, last year's champ David Cook finds peace and perspective with the help of girlfriend and former Idol contestant Kimberly Caldwell, People.com reports.

"She's a nice break from the chaos," he says.

Just don't ask if they like to do duets. "No, we don't," says Cook.

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GETTY IMAGES PHOTOS

The Weather Network 20 YEARS
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Today Variable -1° / -7°
Wednesday Sunny -1° / -6°
Thursday Variable -2° / -6°

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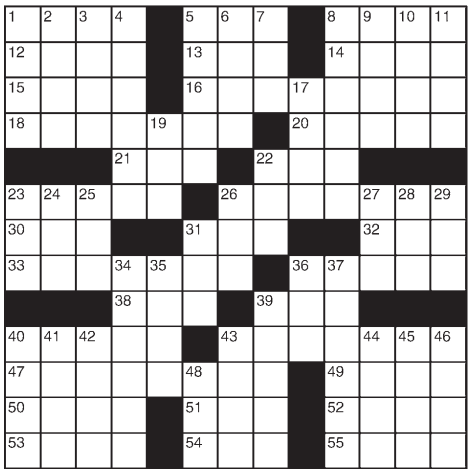
Take Five



Crossword across

1 Easter entree
5 Old, in the dict.
8 Hooters
12 Curved molding
13 Bikini half
14 Bog matter
15 Gator's cousin
16 2008 Shia LaBeouf movie
18 "M*A*S*H" character
20 German painter Max
21 Golfer Ernie
22 Merit badge org.
23 Amulet
26 Marble type
30 Apply lightly
31 Carpet
32 Solemn promise
33 Sleep
36 Line
38 Census statistic
39 Chignon
40 In the group of
43 Marksman
47 Big name in frozen food
49 Summertime desserts
50 Otherwise
51 Pismire
52 Historic times
53 Apocalypse
54 In medias —
55 Foolproof

Crossword down

1 Ness or Lomond
2 Taj Mahal city
3 Cat call?
4 Ted Danson sitcom
5 Follows orders
6 Scottish hillside
7 Droop
8 Met shows
9 Alternative rock group
10 Potato chip brand
11 Undo a dele
17 For fear that
19 Shade provider
22 Satchel
23 LPs' successors
24 Scoffer's laugh
25 — Dhabi
26 Poolroom stick
27 Previous night
28 Second person
29 Lamb's dam
31 "Catcher in the —"
34 Partnership, in a sense
35 Quiche maker's needs
36 Sine-non link
37 Briefs et al.
39 Borscht ingredients
40 Sleeping
41 Venus de —
42 Approximately
43 Unit of force
44 Beige
45 Calendar quantity
46 Being, to Brutus
48 Corn spike

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	8			4	2			
2	9			3		6		4
		3	9			8	5	
	3	6			4		2	1
			7		6			
9	4		1			5	6	
	7	1			5	3		
6		4		7			8	5
			4	8			7	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

G	I	V	E	■	M	O	P	■	M	A	S	T
A	D	E	N	■	E	V	E	■	E	C	H	O
N	E	A	R	■	C	A	N	A	D	I	A	N
G	A	L	O	S	H	■	S	M	I	D	G	E
■	■	■	O	P	A	L	■	P	U	T	■	■
C	A	N	T	I	N	A	S	■	M	E	A	T
B	R	A	■	T	I	M	I	D	■	S	P	A
S	E	T	S	■	C	A	N	I	S	T	E	R
■	■	■	I	N	N	■	S	C	A	M	■	■
S	H	O	O	E	D	■	L	L	A	N	O	S
C	A	N	B	E	R	R	A	■	R	O	L	E
A	R	A	B	■	U	B	I	■	T	A	L	E
R	E	L	Y	■	M	I	R	■	S	H	A	M

3	9	4	1	8	7	2	6	5
8	1	2	4	6	5	9	7	3
7	6	5	9	3	2	8	4	1
6	2	9	5	4	1	7	3	8
4	7	1	8	9	3	6	5	2
5	3	8	2	7	6	1	9	4
9	4	3	7	1	8	5	2	6
1	5	6	3	2	9	4	8	7
2	8	7	6	5	4	3	1	9

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SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Chicken with Apricots and Cumin

INGREDIENTS:
2 tbsp (25 mL) sunflower oil
8 chicken thighs, about 1 lb (500 g) in total
1 onion, sliced
2 garlic cloves, chopped
1 tsp (10 mL) ground cumin
1 tsp (10 mL) ground cilantro
1 2/3 cups (400 mL) chicken stock
3 carrots, halved crosswise, then each half cut into 6 to 8 thick pieces
1 bulb fennel, halved lengthwise, then cut crosswise into slices
5 ripe but firm apricots, pitted and quartered
Salt and fresh-ground black pepper
Chopped fennel leaves from the bulb, or herb fennel

METHOD:
1. Heat oil in a large Dutch oven over medium heat. Add chicken thighs and sauté until golden brown all over, 5 to 10 minutes. Remove from the pot. Add onion and garlic to Dutch oven and sauté until soft and golden, about 5 minutes.
2. Stir in cumin and cilantro and sauté 1 minute. Pour in stock, and return chicken to the Dutch oven together with carrots and fennel. Bring to a boil and stir well. Reduce heat, cover, and simmer until chicken is tender and juices run clear when the thickest part is pierced with a knife, about 30 minutes. Uncover and, if there is too much liquid, boil to reduce slightly.
3. Add apricots to Dutch oven and stir gently to mix. Simmer over low heat 5 minutes longer.
4. Season to taste with salt and pepper, sprinkle with fennel leaves, and serve with rice or potatoes.

PER SERVING
360 calories, 24 g total fat, 6 g saturated fat, 12 g carbohydrate, 13.3 g fibre, 22 g protein
SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
You don't have to bear a pointless burden. Someone is found guilty of showing disrespect. Restrain your temper if alarmed by a loud noise.

TAURUS
APRIL 21-MAY 21
Tears will be in someone's eyes. A neighbour's woes will have a direct impact. A good connection is made with a gleeful person.

GEMINI
MAY 22-JUNE 21
Take heed of a warning. Control your mind and be brave. Don't expect a distasteful man to understand anything.

CANCER
JUNE 22-JULY 22
You're wiser than you feel. Tell the truth about a bad situation. People are pleasant for a good reason.

LEO
JULY 23-AUG 23
Make decisions based on a lack of support. Existential loneliness is the upshot of the latest crisis. Shape the future with yesterday's hero.

VIRGO
AUG 24-SEPT 22
A brave man gives you pleasure. Your sense of judgment is impaired by misdirection. A blabbermouth's falsehood is discovered.

LIBRA
SEPT 23-OCT 23
Everything will work out for the best. A persuasive person wins peoples' hearts. Someone begins a new chapter in their life.

SCORPIO
OCT 24-NOV 22
Material goods become a divisive issue. What you see is what you get. The dictates of a good conscience will smooth a path.

SAGITTARIUS
NOV 23-DEC 21
Imagine the possibility of being free. Socialize with a fabulous man to change your status. It's up to you to fix a dire situation.

CAPRICORN
DEC 22-JAN 20
You'll be the most stable person in a group. A sympathetic approach helps a perplexed friend. Be sure to rest later.

AQUARIUS
JAN 21-FEB 18
Bad times won't last forever. Lower your expectations to find peace. Spend more time enjoying the company of friends.

PISCES
FEB 19-MARCH 20
You'll find out what you really need. A coward will confess with shame. An isolated person takes pleasure in your efforts.

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